

# Peer Mentor Program

Help is here for you.

## FIND SUPPORT, HOPE AND ENCOURAGEMENT

Tri-City Mental Health offers free support services to individuals **ages 16 and older** who are affiliated with the cities of **Pomona, Claremont or La Verne.**

Peer Mentors are volunteers who are trained to listen to your concerns and provide individualized emotional support. **It's free and confidential.**

DO YOU NEED

## PEER SUPPORT?

Support from friends and family is important, but sometimes talking to someone who has been in similar life situations can be the best way to improve well-being. Connect with a peer over the phone and talk about any issues or feelings you are experiencing.

### TALK TO A PEER MENTOR ABOUT:

- Stressful life events and coping skills
- Feeling isolated, depressed or overwhelmed
- Relationships
- Resource navigation
- Child and parent/caregiver challenges
- Work or school stress

Peer Mentor services are provided at no cost to participants. This is made possible through funding from the Mental Health Services Act (MHSA)



**For more information or to receive support, contact:**

Michelle Robinson, MHSA Program Coordinator

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[bit.ly/TCMHpeermentor](https://bit.ly/TCMHpeermentor)

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